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COATESVILLE VAMC VETERANS RESOURCE GUIDE

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ELEMENTS OF RECOVERY

VA STAFF:

- Actively protect patient's rights
- Listen carefully to the patient's concerns
- Assist patients in communicating their needs and hopes
- Provide information to assist in decision making

VETERAN:

- Consider a new path for the future
- Be open to new ideas about therapy
- Develop a support network
- Be an active participant in your care plan

VA STAFF:

- Maintain a positive approach
- Focus on the person's abilities, not disabilities
- Create service options and support
- Believe in the goals of recovery

VETERAN:

- Talk about your success
- Open up to new possibilities
- Develop a fine-tuned plan to cope with stress
- Believe in the goals of recovery

VA STAFF:

- Pay attention to the patient's basic needs
- Share sources of support with patients and families
- Reach out to colleagues in the community to extend care plans

VETERAN:

- Join therapeutic sessions regularly
- Visit with NAMI representatives
- Involve at least one special person in your plans
- Volunteer to help others

VA STAFF:

- Encourage patients toward greater independence
- Provide models of coping skills and wellness plans
- Assist patients in locating community resources

VETERAN:

- Monitor your symptoms
- Ask for help when needed
- Create wellness and crisis plans
- Take care of good health matters: diet, exercise, sleep, fun

VA STAFF:

- Recognize that the illness is only one facet of a patient
- Learn about each patient as a unique individual
- Learn what patients need most for recovery

VETERAN:

- Share information about yourself
- Think about the change you want to make
- Be open to new possibilities
- Review information about recovery

VA STAFF:

- Ask about personal preferences, interests, and skills
- Include the patient's strengths and talents in their care plan
- Search for community connections to match patient's interests

VETERAN:

- Participate in a variety of therapies: art, music, recreation, etc.
- Look for chances to learn new skills
- Share your experiences and interests with others

VA STAFF:

- See a hospital stay as a recovery step, not a failure
- Respect the current situation of each patient
- Develop a partnership with patients, families and friends
- Share ideas for next steps

VETERAN:

- Think: "It's important to keep trying."
- Be open to reviewing and revising your care plan
- Learn a new coping skill and share it with a friend

VA STAFF:

- Use a pleasant, caring voice
- Provide personalized care to each patient and family
- Listen to ideas on how to improve our services
- Set aside labels and assumptions

VETERAN:

- Ask for the information you need
- Make your personal needs known
- Talk about what works for you and what doesn't
- Speak with a pleasant voice

VA STAFF:

- Share information
- Answer questions clearly
- Provide choices and suggestions

VETERAN:

- Ask questions until you understand
- Think about the change you want to make
- Learn new ways to make decisions
- Learn about the resources in your hometown

VA STAFF:

- Encourage individuals to share their experiences
- Search for social support in the community
- Organize group sessions
- Provide NAMI information

VETERAN:

- Listen respectfully to the views of others
- Offer ideas and understanding to each other
- Share your recovery story with others



Poster originally created by
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Iowa City VA Medical Center.



DISCLAIMER

The contents of this guide are provided as a set of general guidelines and resources. The guide is not intended to be used as a self-help guide, nor as a substitute for psychotherapy or professional mental health guidance. These resources are not meant to nor cannot replace the specialized training and professional judgment of a health care or mental health care professional

Although we strive for the highest quality in the resources offered here, Coatesville VAMC is not responsible for the validity or accuracy of the material presented in CVAMC Veterans Resource Guide. If there are any errors or changes needed, please contact Audrey Hall, Local Recovery Coordinator, at *audrey.hall2@va.gov* or 610-384-7711 x2820.